

WHY SUPPORT A COORDINATED SCHOOL HEALTH PROGRAM?

The Need:

- 1 in 7 students has been in a physical fight on school property.
- Every 60 seconds a child is born to a teenage mother.
- Obesity affects 1 in 5 children.
- Everyday 3,000 children start smoking.
- 1 in 3 high school students reports having consumed 5 or more drinks in a row.
- Every 4 hours a child commits suicide.

The Benefits:

Research shows that the benefits of Coordinated School Health Programs include:

- Reduced school absenteeism
- Fewer behavior problems
- Improved student performance, higher test scores, more alert students, and more positive attitudes among students
- New levels of cooperation among parents, teachers, and community organizations
- A more positive spirit among educators and students
- The inclusion of health awareness into children's daily lives
- Young people who are more prepared to become productive members of the world around them



"There is no curriculum brilliant enough to compensate for a hungry stomach or distracted mind."

— National Action Plan for Comprehensive School Health Education,
American Cancer Society



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Coordinated School Health Program

**Healthy Kids
Make Better Students.**

**Better Students
Make Healthy Communities.**



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WHAT IS COORDINATED SCHOOL HEALTH?

Coordinated school health is a way of improving children's health and removing barriers to learning. Children cannot learn if they are tired, hungry, hungover from alcohol and drugs, or worried about violence. Coordinated school health concentrates on the well-being of K-12 students. It is about teaching children how to make healthy choices and helping students become healthy adults by coordinating parents, schools, and communities to make schools healthy environments.

A Coordinated School Health Program (CSHP) focuses not only on health and physical education, but includes other components needed to help schools become healthy. Below is a description of the eight interactive components of CSHP.

Comprehensive School Health Education:

A planned, sequential, K-12 curriculum that addresses the physical, mental, emotional, and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors.

Physical Education:

A planned, sequential K-12 curriculum that provides cognitive content and learning experiences in a variety of activity areas. Quality physical education should promote through a variety of planned physical activities, each student's optimum physical, mental, emotional, and social development, and should promote activities and sports that all students enjoy and can pursue throughout their lives.

EIGHT COMPONENT COORDINATED SCHOOL HEALTH MODEL



Counseling, Psychological, & Social Services:

Services provided to improve students' mental, emotional, and social health. These services include individual and group assessments, interventions, and referrals.

Family and Community Involvement:

An integrated school, parent, and community approach for enhancing the health and well-being of students. Schools actively solicit parent involvement and engage community resources and services to respond more effectively to the health-related needs of students.

Nutrition Services:

A variety of nutritious meals and snacks that accommodate the health and nutrition needs of all students are made available. Food choices reflect the U.S. Dietary Guidelines for Americans and other criteria to achieve nutrition integrity.

School Health Services:

School health services are designed to be preventive and include health education, first-aid, screening, medication administration, emergency care, and referral and management of acute and chronic health conditions. A school health services program is a coordinated system that ensures a continuum of care from school to home to community health care provider and back.

Healthy School Environment:

Healthy school environment includes the physical surroundings and psychosocial climate and culture of the school. Factors that influence the physical environment include the school building and the area surrounding it, biological or chemical agents detrimental to health, and physical conditions such as temperature, noise, and lighting. The psychosocial environment includes physical, emotional, and social conditions that affect the well-being of students and staff.

School-site Health Promotion for Staff:

Opportunities for school staff to improve their health status through activities such as health assessments, health education, and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status and a greater personal commitment to the school's overall coordinated school health program.